

**Full Report (All Nutrients) 11702, Artichokes, (globe or french), cooked, boiled, drained, with salt**

**Report Date: July 04, 2017 19:13 EDT**

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

**Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25**

**Refuse:60% Refuse Description: Stems and inedible parts of bracts and flower**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 artichoke, medium 120g	0.5 cup hearts 84g
<b>Proximates</b>						
Water <a href="#">1</a>	g	84.08	1	--	100.90	70.63
Energy	kcal	51	--	--	61	43
Energy	kJ	211	--	--	253	177
Protein <a href="#">1</a>	g	2.89	1	--	3.47	2.43
Total lipid (fat) <a href="#">1</a>	g	0.34	1	--	0.41	0.29
Ash	g	1.30	--	--	1.56	1.09
Carbohydrate, by difference	g	11.39	--	--	13.67	9.57
Fiber, total dietary	g	5.7	--	--	6.8	4.8
Sugars, total <a href="#">1</a>	g	0.99	1	--	1.19	0.83
Sucrose <a href="#">1</a>	g	0.73	1	--	0.88	0.61
Glucose (dextrose) <a href="#">1</a>	g	0.24	1	--	0.29	0.20
Fructose <a href="#">1</a>	g	0.02	1	--	0.02	0.02
Lactose <a href="#">1</a>	g	0.00	1	--	0.00	0.00
Maltose <a href="#">1</a>	g	0.00	1	--	0.00	0.00
Galactose <a href="#">1</a>	g	0.00	1	--	0.00	0.00
Starch <a href="#">1</a>	g	0.00	1	--	0.00	0.00
<b>Minerals</b>						
Calcium, Ca <a href="#">1</a>	mg	21	1	--	25	18
Iron, Fe <a href="#">1</a>	mg	0.61	1	--	0.73	0.51
Magnesium, Mg <a href="#">1</a>	mg	42	1	--	50	35

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 artichoke, medium 120g	0.5 cup hearts 84g
Phosphorus, P <a href="#">1</a>	mg	73	1	--	88	61
Potassium, K <a href="#">1</a>	mg	286	1	--	343	240
Sodium, Na	mg	296	--	--	355	249
Zinc, Zn <a href="#">1</a>	mg	0.40	1	--	0.48	0.34
Copper, Cu <a href="#">1</a>	mg	0.127	1	--	0.152	0.107
Manganese, Mn <a href="#">1</a>	mg	0.225	1	--	0.270	0.189
Selenium, Se <a href="#">1</a>	µg	0.2	1	--	0.2	0.2
<b>Vitamins</b>						
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	7.4	1	--	8.9	6.2
Thiamin <a href="#">1</a>	mg	0.050	1	--	0.060	0.042
Riboflavin <a href="#">1</a>	mg	0.089	1	--	0.107	0.075
Niacin <a href="#">1</a>	mg	1.110	1	--	1.332	0.932
Pantothenic acid <a href="#">1</a>	mg	0.240	1	--	0.288	0.202
Vitamin B-6 <a href="#">1</a>	mg	0.081	1	--	0.097	0.068
Folate, total <a href="#">1</a>	µg	89	1	--	107	75
Folic acid	µg	0	--	--	0	0
Folate, food	µg	89	1	--	107	75
Folate, DFE	µg	89	--	--	107	75
Choline, total <a href="#">1</a>	mg	34.4	--	--	41.3	28.9
Betaine <a href="#">1</a>	mg	0.2	1	--	0.2	0.2
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	1	--	--	1	1
Retinol	µg	0	--	--	0	0
Carotene, beta <a href="#">1</a>	µg	8	1	--	10	7
Carotene, alpha <a href="#">1</a>	µg	0	1	--	0	0
Cryptoxanthin, beta <a href="#">1</a>	µg	0	1	--	0	0
Vitamin A, IU	IU	13	--	--	16	11
Lycopene <a href="#">1</a>	µg	0	1	--	0	0
Lutein + zeaxanthin <a href="#">1</a>	µg	464	1	--	557	390
Vitamin E (alpha-tocopherol)	mg	0.19	--	--	0.23	0.16
Vitamin E, added	mg	0.00	--	--	0.00	0.00

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 artichoke, medium 120g	0.5 cup hearts 84g
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) <sup>1</sup>	µg	14.8	1	--	17.8	12.4
<b>Lipids</b>						
Fatty acids, total saturated	g	0.079	--	--	0.095	0.066
12:0	g	0.004	--	--	0.005	0.003
14:0	g	0.004	--	--	0.005	0.003
16:0	g	0.066	--	--	0.079	0.055
18:0	g	0.006	--	--	0.007	0.005
Fatty acids, total monounsaturated	g	0.011	--	--	0.013	0.009
18:1 undifferentiated	g	0.011	--	--	0.013	0.009
Fatty acids, total polyunsaturated	g	0.145	--	--	0.174	0.122
18:2 undifferentiated	g	0.105	--	--	0.126	0.088
18:3 undifferentiated	g	0.038	--	--	0.046	0.032
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5h, 2001 Beltsville MD